

ABSTRACT OF THE DISCLOSURE

A composition includes a monodispersed lipid phase which is dispersed in a continuous aqueous phase, wherein the lipid phase includes at least one crystallizable lipid, at least one active ingredient and at least one compound including two chains of fatty acids and one glycol polyethylene chain. A method for the preparation of the compositions via a simple monodispersed O/W or O/W/O double emulsion is also disclosed.